

Dr. Dhruiti Bal, Nutrition Lead, R&D, Britannia Ind. Ltd., spoke on “Healthy Snacking”. She explained that snacking is the food/drinks taken between main meals to keep one full up to the next meal, to prevent overeating during the main meal and to make up for food groups missed out in the main meal. Healthy snacking varies with age, gender and physical activity status. She specified that children require protein, complex carbohydrates, calcium, iron zinc, vitamins for overall development with protein taking the top spot. Their snacking diet has to be based on this. They can have whole grain bread, dhokla, millet roti, makhana, thepla, multi-pulse sundal, some Britannia products like cheese, whole wheat/multigrain bread, Nutrichoice seeds can also be used as snacking options for children. Snacking requirement for adults depends on whether their lifestyle is sedentary, moderate or active and also on energy input and output. Unlike children, their order of requirement will be complex carbohydrates, Vitamins, minerals, Antioxidants and protein will come last in the list. They can have snacks similar to children, in addition they can also indulge in digestive biscuits, probiotic dahi, atta biscuits, seed herbs mixes some of which are Britannia products. According to Dr. Dhruiti, snacking healthy is not difficult. Plan a snacking meal at home to include groups not taken in main meal like seasonal fruits, nuts, multi-grains, multi-milletts, multi-pulses. While shopping, choose products made of whole grains atta/millet with low or no added sugar and enriched with vitamins and minerals.